

## Celebrity Buzz

### Dancer denies Jackson is his biological father

pg 14



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### Pair charged over home invasion

**CRIME** Two men are now behind bars and facing a slew of charges over their alleged involvement in a violent home invasion last week in Lower Sackville.

Halifax RCMP said officers responded to the home invasion just after 1:30 p.m. last Wednesday. The victim inside the residence sustained injuries that aren't life threatening, police said, adding it's believed the suspects and victim are "known to each other."

Halifax RCMP said Stephen Douglas Skinner, 36, and Barry Andrew Roache, 37, appeared in court yesterday on charges that include forcible confinement, aggravated assault, assault with a weapon causing bodily harm, possession of a weapon dangerous to the public peace and uttering threats.

They remain in custody and will appear in Dartmouth provincial court again Friday, police said, adding the two men were arrested by authorities at two separate locations Saturday after they had fled to Toronto. Police said Roache has also been charged with breaching an undertaking.

METRO HALIFAX

### Local pg 2



### Passengers happy trains are running

Soccer

Dunbrack top City 1-0



Halifax City midfielder Mat Budreski heads the ball away from Halifax Dunbrack Bremner's defender Sean Kodjes during the first half of last night's Nova Scotia Soccer League Premiership game at the Mainland Common. Halifax Dunbrack stayed unbeaten with a 1-0 victory. Story, page 7.

## Infant dies after alleged assault

PHILIP CROUCHER  
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**TRAGEDY** The seven-week-old baby seriously injured in a suspected case of child abuse last week has died.

Halifax Regional Police issued a release last night stating the infant girl died at 8:20 p.m. at the IWK Health Centre in Halifax. An autopsy has been scheduled for today.

Two 23-year-olds who reside on Gottingen Street in Halifax have been charged with aggravated assault for

alleged abuse against their infant daughter.

Police weren't releasing the exact injuries the baby received, but stated she sustained life-threatening injuries from the alleged abuse.

The mother and father were charged with one count each of aggravated assault on Saturday. They have been remanded until their next scheduled court appearance tomorrow morning.

Police said if the baby's condition worsened and she died, they could up-

grade the charges against the parents, but weren't saying if that would happen last night.

"The baby has passed away and the investigation will continue," said Staff Sgt. Brenda Zima.

"We'll continue to consult with the Crown (this) morning to see what our next step will be."

The parents were arrested Friday morning at their residence, about 12 hours after police say they called 9-1-1 in regards to an injured person, who was their baby.

## Coyote games in Halifax?

Metro Centre eyed for 5 contests

KRISTEN LIPSCOMBE  
kristen.lipscombe@metronews.ca

**Hockey's Great One could soon be standing behind the bench at the Halifax Metro Centre.**

Scott Ferguson of Trade Centre Ltd. confirmed yesterday that Halifax is one of two Canadian cities being considered to host head coach Wayne Gretzky and his Phoenix Coyotes for five regular-season games as part of a planned bid for the bankrupt National Hockey League team. Ferguson said discussions with Toronto-based bidder Ice Edge Holdings started a couple of weeks ago.

The investment group is proposing to keep the Coyotes in Arizona for the most part, while bringing a handful of home games to a city north of the border. Ferguson called the idea "quite ingenious."

He said both Halifax and Saskatoon are "strong hockey markets" that don't pose any real threat to franchise movement. "If they're successful, then we might see some games in either of those cities."

But The Globe and Mail reported yesterday Ice Edge is favouring Saskatoon over Halifax, adding the group will present its "grassroots Canadian hockey strategy" to NHL executives tomorrow.

Ice Edge Holdings filed a last-minute letter of intent

### Halifax vs. Saskatoon

- Population: HRM — 373,000; Saskatoon — 218,000.
- Arena: Halifax Metro Centre seating capacity is 10,500; Credit Union Centre seating capacity is 11,300 seats.
- 2009-10 NHL preseason: Halifax is hosting the Ottawa Senators versus Florida Panthers Sept. 15; Saskatoon is hosting the New York Islanders versus Calgary Flames Sept. 19.

to bid \$150-million U.S. in Phoenix bankruptcy court last Friday, according to the official Coyotes website. The Canadian group is up against Chicago Bulls and White Sox owner Jerry Reinsdorf, who has submitted a \$148-million US bid and Research In Motion CEO Jim Balsillie, who still wants to bring the Coyotes to Hamilton for \$212.5-million.

Halifax Mooseheads majority owner Bobby Smith said yesterday it would be great for local fans to see regular season NHL "in the heart of the hockey season."

Smith, who served as general manager of the Coyotes in the late '90s and still holds season tickets, said choosing either Halifax or Saskatoon as the host Canadian city would probably depend on scheduling logistics.

"It's certainly an interesting idea," he said.

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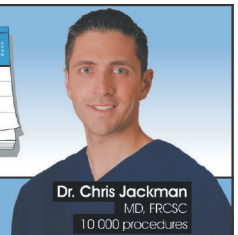
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Police and fire officials were investigating a suspicious fire in Glace Bay yesterday. Bernie Bennett, deputy fire chief for the Glace Bay Volunteer Fire Department, said the fire broke out at about 5 a.m., causing extensive damage to the story-and-a-half structure. **CAPE BRETON POST**

# Local



## Marilyn Manson tickets up for grabs

Shock-rocker Marilyn Manson, left, is coming to Halifax. Gillett Entertainment Group announced yesterday Manson will be performing at the Halifax Metro Centre Sept. 25 at 8 p.m. Manson is touring North America in support of his latest album, *The High End of Low*, and will also play in Moncton on Sept. 26. Tickets for the Halifax show go on sale Saturday at 9 a.m. for \$52.50, plus service charges. They are available by phone at 451-1221 or online at [ticketatlantic.com](http://ticketatlantic.com). **METRO HALIFAX**

## NDP may zap keno games

PAUL MCLEOD

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**LOTTERY** After a highly controversial debut, keno has so far been a bust in Nova Scotia and could be on the way out.

The Progressive Conservatives brought in the video lottery game this spring despite protests from gambling-awareness groups who worried it would increase problem gambling.

But keno hasn't caught on and is bringing in lower-than-expected profits. Now the New Democrats, who were critical of the game as the opposition, may drop it altogether.

"I've asked the gaming corporation to prepare briefing notes on how the game is going and how much it would cost the province to leave the game," Finance Minister Graham Steele told reporters last week.

"It's easier to exit from a game that's not working.

**"The fact that revenues are quite considerably less than projected is one indication that it's not a game that's working (for players)."**

Graham Steele, finance minister

But I don't want to form the judgment today already that it's not working, but the fact that revenues are quite considerably less than projected is one indication that it's not a game that's working (for players)."

Keno involves buying tickets then watching the TV in a bar or restaurant a few minutes later for the winning numbers.

Steele said he'll wait until he's fully briefed before making a decision.

"I don't want to walk in to government and say I know all the answers."

## Casual liquor store staff join NSGEU

**UNIONIZATION** Casual liquor store workers have joined the Nova Scotia Government and General Employees Union.

The largest union in the province announced yesterday that casual Nova Scotia Liquor Corp. employees who have put it more than 400 hours of work became members of the bargaining unit as of Sunday.

Terms and conditions of the formal agreement will be ironed out over the next

couple of weeks.

"For many years, these casual employees have worked side by side with unionized staff with little or no benefits," NSGEU president Joan Jessome said in a news release. "This settlement is a major step forward."

The new deal will also ensure each store has a fixed number of casual positions for scheduled hours, particularly over the weekend, the release said. **METRO HALIFAX**

# Via riders back on track

Passengers relieved after agreement ends two-day strike

PAUL MCLEOD

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**Frances Partridge had come to Halifax on a container ship from Italy specifically to cross Canada by train.**

So it was bad luck she got here Saturday.

"I get in and the good news is they've got this wonderful gay pride march. The bad news is there's a train strike. What? Canada, we should never have let you go," said the amiable Brit yesterday at the Via Rail station in Halifax.

Partridge lives near Manchester, but the self-proclaimed train nut spends much of her time travelling the globe by rail and writing for [seat61.com](http://seat61.com), a website for train connoisseurs. She'd been looking forward to seeing the Canadian rail system firsthand.

"The guy at the hostel said, 'Oh, by the way the trains are on strike,'" she said.

"My entire reason for being in Canada — apart from Canadians because you're all wonderful — is to go from one site to another on trains."

So it was with understandable relief that Partridge and many others boarded the 12:30 p.m. train out of the Halifax terminal yesterday.

Many passengers had said they thought the strike could last through the summer, throwing their travel plans into turmoil. But in the end the union and Via Rail man-



A Via Rail employee climbs aboard the engine just before the train leaves the Halifax railway station yesterday. Via service has resumed after a two-day strike.

agement agreed to a binding arbitration process after just two days.

"We thought it'd be weeks, so we'll have to go by bus. And we really didn't want to," said Pat Sonier, who was visiting Halifax from Miramichi, N.B.

Sonier was supposed to leave Sunday, but the one-day delay ended up working out just fine.

"We came today and they were excellent," she said. "They gave me a refund on my old ticket and gave me a really excellent discount. They're wonderful here. I love travelling by train."

Via staff in Halifax were also in high spirits yesterday, saying they were happy to be back to work without fear of losing their jobs.

## Lone AM radio station off the air

ALY THOMSON

for Metro Halifax

**KIXX** Dismay and disbelief radiated through Frank Lowe's voice yesterday as he signed off from Halifax's last remaining AM radio station — 780 KIXX Classic Country.

The station's airwaves fell eerily silent at 10 a.m. "This is a tough day," the station's longtime music director told Metro Halifax as he arrived back at his Beaverbank home later in the day.

NewCap Radio, which owned AM 780 CFDR/KIXX Classic Country, recently sold the 46-year-old station to Rogers Communications, which is planning to turn the station to FM.

Lowe said the switch from AM to FM radio has been "an ongoing process." "(FM radio) sounds so

**"It is an evolution, a sign of the times."**

Ted Hyland, NewCap Radio

much better," Lowe confessed, "and everything has to be better now-days."

Ted Hyland, general manager of NewCap Radio, said he suspects AM radio will go off the air everywhere — eventually. But there's no telling how long that could take.

Hyland said he thinks the new FM station for Rogers will play light rock music.

"It is an evolution, a sign of the times," he said.

KIXX is the third AM station in Halifax to bite the dust in three years. In July 2006, AM 960 CHNS switched to the FM dial and became 89.9 Hal FM.

And in May 2008, AM 920 CJCH joined the mainstream music scene and became 101.3 The Bounce.

Hyland said more companies are switching to FM radio because it is cheaper and the signal is clearer.

An emotional Lowe showered the airwaves with thank you's during his last moments on air.

"It's like saying goodbye to your family," Lowe said, speaking through a subtle sob.

Many last-minute callers praised the station and Lowe's contributions.

"You're a big part of everyone's day and I know they're a big part of yours," said Lowe's daughter, Amy, in the last minutes of airtime.

Before the airwaves fell flat, a classic country tune wished fans and staff of KIXX, "Happy trails to you, until we meet again."

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WHAT'S ONLINE TODAY

**Job Search** using Metro's Workopolis search at [metronews.ca/workopolis](http://metronews.ca/workopolis)  
**Play** online games at [metronews.ca/play](http://metronews.ca/play)

**Video** Canada will go to the WTO to protest the European Union's ban on seal products at [metronews.ca/canada](http://metronews.ca/canada)

**Blogs** Need a date for your dog? Looking for love with an inmate? Sexcetera has the right dating sites for you  
**Your Money** Allan Small on the signs that the economy has finally turned the corner at [metronews.ca/investing](http://metronews.ca/investing)



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## Get back to the beach

The Surfing Association of Nova Scotia is hosting its first annual Back To The Beach Community Surfing Contest this weekend on "The Reef" at Lawrencetown Beach. The event will take place either Saturday or Sunday, depending on the best forecast for surfing. Phone 478-1146 for more information. **METRO HALIFAX**

# Risking 'life and family' for Africville

Juanita Peters' new documentary follows struggle of Carvery family members

HILARY BEAUMONT  
for Metro Halifax

**A village of tents will repopulate the empty Seaview Memorial Park in Halifax Thursday night for the annual Africville Reunion.**

Echoed with footage of the 2008 reunion in director Juanita Peters' new documentary, *Africville: Can't Stop Now*, the reunion will bring the community's descendants and former residents together to reminisce about the good times they had when living there.

Peters' documentary follows three members of the Carvery family who are all former residents of the community. For nearly 50 years, Eddie Carvery, his brother Irvine and cousin Nelson have each fought in different ways for some sort of restitution.

"Eddie Carvery is probably the most famous protestor in Halifax," Peters said, while sitting in the shade with documentary



Marty Williams and Juanita Peters stand on the former site of the Seaview African United Baptist Church in Africville yesterday. Williams is the producer and Peters the director of *Africville: Can't Stop Now* — a documentary focusing on the lives of three former residents of Africville.

producer Marty Williams. "He's been out there off and on and has risked life and family over this issue."

Eddie's trailer by Bedford Basin stands just feet away from the site of the Africville baptist church,

marked with a cross.

The city of Halifax demolished the church one night in 1967. Irvine has al-

so taken a political approach to the issue of compensation.

"He's been the most publicly vocal on the issue," Peters said. "Then there's their cousin, Nelson, who we call the quiet supporter."

Peters narrates the documentary and said she spent a lot of years doing background for it.

"We started this documentary a year ago, but my research in Africville has been going on for seven-and-a-half years," she said. "Let me be clear, I never ever wanted to do a film on Africville, because it's a very complicated story."

Peters, a Nova Scotia filmmaker, said she was drawn to the story of the three Carvery family members because of their passion. Her documentary, which has already aired on CBC, will be shown at 8 p.m.

"I hope people are inspired," Peters said. "I hope that people realize that it's OK to have passion without results."

## Silver Dart pilot given high honour

**FLIGHT** The accomplishments of a Cape Breton-born pioneer of flight were hailed yesterday with the renaming of Sydney's airport in his honour.

The airport was named for JA Douglas McCurdy, who as pilot of the Silver Dart made Canada's first manned powered flight 100 years ago on Feb. 23, 1909, on the frozen waters of Baddeck Bay.

McCurdy was one of the aircraft's designers as part of a team that was led by the legendary Alexander Graham Bell.

"You have to understand how wonderful it is to take a machine into the air, but you have to look at how he must have felt because he had no instructions, there wasn't anybody to say pull back, do this, or anything," noted John Lovelace, flight marshal with the Cross Canada Century Flight, an aircraft rally to mark the centennial of the Silver Dart.

CAPE BRETON POST

## Tall Ships depart the Sydney docks

**VESSELS** Fans of pirates, dreamers of a life at sea and admirers of vessels from the past came from far and wide to visit the eight tall ships docked at Sydney harbour this past weekend.

The two days of viewing for the Sydney portion of Tall Ships Nova Scotia 2009 tour saw a steady stream of traffic from bow to stern of all dockside vessels. The ships traveled to Sydney after spending four days in Halifax. They departed from Sydney docks yesterday.

METRO HALIFAX

## Hospital ERs set deal to stay open

**STAFFING** A solution has been found that should end frequent emergency room closures at two Cumberland County hospitals.

The Cumberland Health Authority and the Department of Health have agreed on a temporary arrangement that will help ensure additional ER coverage at North Cumberland Memorial Hospital and at South Cumberland Community Care Centre. ERs in both hospitals have been closed frequently recently, with North Cumberland closed 40 times since April 1.

AMHERST DAILY NEWS

## Wilcox stays on stand for 2nd day

**COURT** A Glace Bay reservist admitted yesterday he had other options beside shooting a fellow Canadian soldier and bunkmate in a tent at Kandahar Airfield, Afghanistan, in March 2007.

At the court martial being held at Victoria Park in Sydney, Cpl. Matthew Wilcox said he felt threatened when he heard a cocked pistol and glanced at the barrel of a gun pointed in his direction.

Wilcox, 24, has pleaded not guilty to charges of manslaughter, criminal negligence causing death and negligent performance of duty in the Mar. 6, 2007 death of Cpl. Kevin Megeney of Stellarton, Pictou County.

During his second day of testimony, Wilcox said he fell back from a crouched position, pulled his 9-millimetre pistol from his right leg holster and readied it before pivoting with the support of his left hand, and shot the person holding the other gun.

"I could see the front of

the barrel as the slide moved forward," Wilcox said during cross-examination.

Prosecutor Maj. Jason Samson suggested to Wilcox that he had other choices, including running out of the tent or darting behind the bunk space of another soldier.



**"I could see the front of the barrel as the slide moved forward ... I suppose I could have turned around and did nothing."**

Cpl. Matthew Wilcox

Wilcox agreed with Samson that it would have probably taken the same amount of time — mere seconds — to run away from the situation. "I suppose I could've, I could've, or moved out of his line of view by running to Master Cpl. (Nathan) Crosby's bunk," Wilcox said. "I suppose I could have turned around and did nothing, too."

The defence has put forward the theory Wilcox acted in self-defence to an unknown threat. Military judge Cmdr. Peter Lamont could send the four-member military panel into deliberations as early as Thursday.

CAPE BRETON POST

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# Canada/World

## Ottawa bolstering Arctic claim

Canada will wave the flag in the Arctic this summer with a show of force, a high-profile political visit and some dogged undersea research it hopes will help lay claim to new areas of untapped oil and gas.

Ottawa's continuing focus on the Canadian north comes as other nations, notably Russia and Denmark, step up their own efforts to exercise northern sovereignty.

Canada and the United States today will discuss ambitious plans to jointly map vast sections of the

### Harper's tour

• Stephen Harper is expected to witness some of the mock military activity when he heads north for an Arctic tour in what has become a summer ritual for the prime minister. Among the stops, he's expected to visit Iqaluit to talk about plans for a new regional economic development agency.

Arctic seabed, a process that will help each nation's sovereignty claims in the isolated region.

Next month, two icebreakers, one from each

country, will begin their work in the western Arctic using sonar and seismic measurements to plumb and map the undersea depths.

A senior government official called it a "great example of partnership."

"These surveys are ambitious. They're exploring and mapping places that have never been mapped and explored before," the Canadian official said.

"At the end of the day, each country will submit its proposition to expand its continental shelf," the official said.

The U.S. Coast Guard

Cutter Healy, billed as the country's newest and most technologically advanced polar icebreaker, will rendezvous with the Canadian Coast Guard icebreaker, Louis S. St-Laurent on Aug. 9 in the Beaufort Sea.

Working until Sept. 16, their efforts to map the seabed will focus on the areas north of Alaska and eastward toward the Canadian Arctic archipelago.

The mapping work is considered essential to Canada's bid to extend its territorial claims in a region that holds a wealth of untouched oil and gas.

**TORSTAR NEWS SERVICE**

## Obama calls for closer ties with China

**U.S./CHINA TALKS** The U.S. urged China yesterday to spend more at home and export less to help restore a sustainable pace of global growth, saying the two countries shared common ambitions despite their divisions.

Opening two days of bilateral talks, U.S. President Barack Obama said America and China need to overcome mutual wariness and deepen co-operation on everything from the global economic crisis to climate change and North Korea.

"Let's be honest: We know that some are wary of the future," Obama said, acknowledging the two countries would never see eye-to-eye on every issue.

"The relationship between the United States and China will shape the 21st century, which makes it as important

### North Korea

• Obama said the U.S. and China "must continue our collaboration to achieve the denuclearization of the Korean peninsula and make it clear to North Korea that the path to security and respect can be traveled if they meet their obligations."

as any bilateral relationship in the world," he said.

The U.S. has sought to tread gently on sensitive issues, although the president risked Beijing's displeasure by urging it to respect its ethnic and religious minorities.

"Just as we respect China's ancient culture and remarkable achievements, we also strongly believe that the religion and culture of all peoples must be respected," he said. **REUTERS**

## Canada to appeal seal ban to WTO

**EU** Canada is admitting it has lost the "PR battle" as it turns to an international trade panel in a bid to overturn a European Union decision to ban Canadian seal products.

Just hours after the European Union Council confirmed its ban, federal ministers announced that they would appeal the case to the World Trade Organization.

Yesterday, a majority of the 27 EU states voted to ban seal products, while giving an exemption to products from "traditional



Canada's Fisheries Minister Gail Shea pauses during a news conference with Trade Minister Stockwell Day on Parliament Hill in Ottawa yesterday.

hunts by Inuit and other indigenous people "to ensure their subsistence."

Conceding that the "PR battle at times can be difficult," International Trade

Minister Stockwell Day said that Canada was turning to the WTO in hopes of getting a decision based on "scientific evidence, not just on an emotional whim."

"We're very disappointed with this ruling," said Day, who appeared with Fisheries Minister Gail Shea at a news conference yesterday

**TORSTAR NEWS SERVICE**

### News in brief

**ELECTION** Iran's opposition leader Mir Hossein Mousavi said yesterday the pro-reform protests which erupted after the country's disputed June presidential vote will continue, his website reported.

Defeated candidates Mousavi and Mehdi Karubi on Sunday called on the authorities to permit a gathering on Thursday at Tehran's Grand Mosala, a prayer location where tens of thousands can gather, to commemorate unrest victims.

**SARKOZY** French President Nicolas Sarkozy will reduce his workload after spending Sunday night in hospital after falling ill while running, due to

a combination of physical effort and tiredness, but not any cardiac problems, his office said.

**U.K.** British immigration workers have voted for a 48-hour strike over changes in work conditions, a union said yesterday, in a move that threatens to disrupt ports and airports during a holiday period.

**EXPLOSION** At least seven Palestinians were killed when fuel exploded in a smuggling tunnel beneath the border between Egypt and the Gaza Strip, Palestinian officials said yesterday. The accident was one of the worst on record in the dangerous and illicit Gaza tunnel network. **REUTERS**

## Business

## Ericsson sees robust Nortel margin

**Telecom equipment maker Ericsson said yesterday it expected the wireless assets to be acquired from Nortel Networks Corp to produce a double-digit operating margin this year.**

The deal, expected to close in the third quarter, will generate synergies in sales, services and research and development, said Ericsson chief financial officer Hans Vestberg during a conference call.

Vestberg, who is due to

become chief executive at the turn of the year, said he agreed that the wireless acquisition could show an operating margin of more than 10 per cent this year.

The Swedish company, whose stock dropped three per cent yesterday, said on the weekend it had won an auction to buy the wireless assets of Nortel in a \$1.13 billion US deal.

The company beat two other bidders — its smaller rival Nokia Siemens Net-

### Within a year

• Ericsson said in a statement that it expected the Nortel transaction to have a positive effect on its earnings within a year of closing the deal.

works and private equity firm MatlinPatterson.

Research In Motion, the Canadian company that makes the BlackBerry

smartphone, was also chasing a deal for the Nortel technology but has said Nortel effectively blocked its approach, valued at \$1.1 billion US.

Nortel said RIM had refused to comply with confidentiality provisions that other bidders had agreed to follow.

RIM is expected to use a bankruptcy court hearing today to voice its objections about the bidding process. **REUTERS**

### Business in brief

**MARKETS** Toronto's main stock index moved higher for a third straight session yesterday, helped by economic recovery hopes that lifted the financial group. Similar to Friday's session, financials were responsible for propping up the TSX index — with a healthy 2.23 per cent gain — as six of the other main sectors fell.

Insurers were among the biggest winners, with Manulife Financial up 5.72 per cent at \$26.05, while Sun Life rose 8.79 per cent to \$37.98.

**COMMUNICATIONS** Verizon posted a lower quarterly profit

and said it would cut 8,000 jobs, as weakness in wholesale and corporate segments overshadowed wireless growth.

Verizon, whose shares fell 2.6 per cent yesterday morning, said it would accelerate cost cuts in its landline business, with new layoffs affecting 3.4 per cent of its 235,000 workers. **ENERGY** Imperial Oil Ltd. said yesterday its Strathcona refinery in Edmonton is producing fuel as usual following a power outage more than a week ago that contributed to tight gasoline supplies in the region. **REUTERS**



business 5

## Your Money

EDITOR: NINA.DRAGICEVIC@METRONOVS.CA

# Budget before you get the baby bump

Alison On Money



I am seeing babies and big bellies everywhere. On Saturday at my local farmer's market I constantly negotiate with one or the other between basil, beets and blueberries.

And since such markets tend to be intimate affairs I can't help overhearing the conversations of parents-to-be chatting with new moms and dads.

A frequent comment goes something like this. "We're excited but a little concerned about managing on my mat leave pay." As I cast my eye to the nearly full term tummy I'm thinking: Uh oh, a little late to start worrying.

The best way to prepare for maternity leave pay is to try it out long before the joyous day arrives. If you get in the habit of spending less to accommodate a lower income, you won't find it as much a hardship later on.

Start with the budget template on my site, [alisongriffiths.ca](http://alisongriffiths.ca). For income, use mom's mat pay (assuming it is mom who will be on leave) together with the partner's take-home income.

Don't forget to increase existing take home to factor in the ad-



The best way to relieve stress for new parents is to have your financial plan in place, well before the bundle of joy.

ditional tax deduction of a new dependent.

As you fill out expenses you will quickly see where you need to cut back in order to keep the bottom line a healthy black.

Of course, with two full-time incomes currently you should now have a surplus! Stash it in a baby account to be used for emergencies during maternity leave. On the other hand, if you are laden with debt, devote the surplus to paying it down. With a number of months of boosted payments you can make a big dent in what you owe. Lower debt means lower stress

for new parents.

The discipline of living on a "baby budget" in advance also offers you some post-mat leave flexibility.

If one parent decides to stay at home or work part-time you have a greater chance of making it happen if the habit of spending less is well ingrained.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).

## Alison's Money Rule:

- If a new family is in your future, prepare for it financially before the wee one is even a sparkle in Dad's eye by living on a baby budget.

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## On the web

### Money Matters:

- Henry Choo Chong advises a reader whose business is fined by the CRA over payroll issues and Henry weighs in on self-employed workers. Visit [metronews.ca/moneymatters](http://metronews.ca/moneymatters).

### Investing:

- Allan Small looks at quarterly results in his market update. Visit [metronews.ca/investing](http://metronews.ca/investing).

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# Comment & Views

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## Comment

# This party will rankle PM

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

Much to the aggravation of Stephen Harper, Brian Mulroney won't go away.

Mulroney and friends are planning a huge party in Montreal in September to celebrate the 25th anniversary of their historic electoral triumph of 1984. That was the year the Progressive Conservatives won a record 211 seats.

Mulroney supporters were floating the idea of the big fete in the spring. It rankled Harper. He, we recall, had tried to make BM persona non grata in Conservative circles, owing to the controversy with Karlheinz Schreiber, which was

recently detailed at the Oliphant inquiry. Harperites were hoping the rough ride Mulroney got in those hearings would nix the notion of holding an event in his honour.

Not so. Not only will it go ahead, it will be one of the biggest bashes the party has held. An estimated 700 will attend. Big-time Tories will be out in full force.

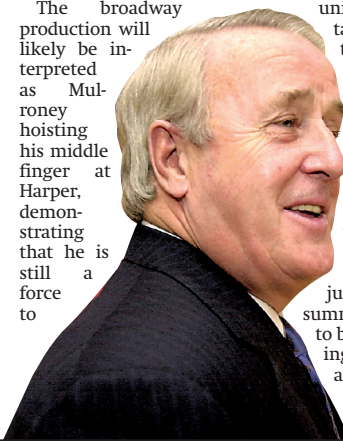
The Broadway production will likely be interpreted as Mulroney hoisting his middle finger at Harper, demonstrating that he is still a force to be reckoned with, that it was a big mistake to try to ostracize him. In highlighting 1984, he will be reminding the PM of what constitutes a real electoral triumph. As in, "Your puny minorities hardly stack up to what we did, Stevo."

The mid-September bash will come right when the next election could be triggered, right when party unity is most important. The Harper team upped the ante in the Mulroney dispute a while back when it put out the word that he was no longer even a member of the party. It was a typical Harper tactic, the likes of which we just saw at the G8 summit when he had to backtrack for making false accusations against Michael Ig-

natieff. Given the Schreiber affair, it's been understandable that the PM has wanted to keep Mulroney at a distance. But to go to such an extent was uncalled for. Now he faces the likelihood that the anniversary gala will evolve into a disruptive party loyalty test. With a show of generosity, Harper could avoid the trouble. All he has to do is support the event — put out a statement saying that Mulroney made a serious error of judgment in respect to Schreiber, that he has apologized for it, but in no way should it take away from his great triumph in 1984. "Let's all celebrate it."

He could take that constructive course, but it's doubtful. As has been often demonstrated, the guy has a vampire's need to draw blood.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Brian Mulroney



## Worth mentioning

# Love life also facing a downturn, poll reveals

Economic woes are taking a toll on marriages and relationships around the globe but the love life of Americans seems to be most stressed by the recession, according to an international poll.

Nearly 30 per cent of Americans claim the recession has added stress, strained or ruined their relationship or marriage, compared to 23 per cent of French and 12 per cent of Germans.

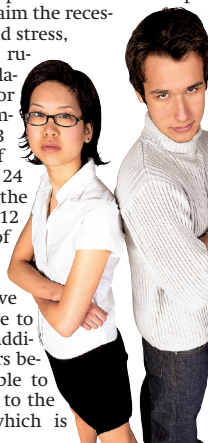
Americans also believe they will have to work an additional 10 years before being able to retire thanks to the downturn, which is

longer than Europeans or Canadians.

"Whether it's at home, in the boardroom or in the car showroom, people around the globe are affected by the recession," said Arkadi Kuhlmann, the president of ING Direct USA, which commissioned the poll.

"The long-term benefit is that people are cutting costs, saving more money, and learning to build a financial buffer for their future. Clearly, some of these global trends need to become a habit," he added in a statement.

REUTERS



## Views

# Aboriginal youth don't dare to dream



Laura  
Eggertson

It is not exaggerating to say Shawn Atleo, the new national chief of the Assembly of First Nations, carries to Ottawa the responsibility of improving the lives of the rising generation of young Aboriginals who could be one of Canada's greatest resources.

Among those Aboriginal youth are my own daughters, aged 18 and 15, and, come October, my first granddaughter.

As their advocate with the federal government, and the most visible symbol to most Canadians of First Nations' aspirations, part of Atleo's job is to voice the hopes and dreams

of young Aboriginals.

The problem, as my daughter Miranda tells me, is that many young people living on reserves where she has recently lived don't dare to hope.

"The native kids I know — they don't even have dreams," she says. "They just have to get through the day. They don't think about the future because it's the same thing every day."

Many First Nations youth Miranda has met during the last two years of her own journey wake up wondering if there's enough food. They seldom get up to an empty house; overcrowding is rife in inadequate housing on our First Nations. Often, they awake to the aftermath of substance abuse or violence in their communities. They may go to school; they may

## FocusOn First Nations

not, if, at high-school age, they must board with strangers in bigger cities to go to school. Boredom is constant; with few full-time jobs for adults, part-time jobs aren't even an option for most youth on reserves.

Miranda wants a different life for her daughter. She wants her to be healthy and to live drug and alcohol free. She wants to give her a stable upbringing with her two parents, untouched by the child welfare system. She wants her to have access to an education, so she can stand on her own two feet. She hopes her daughter will keep busy and dare to dream.

Most of all, my daughter hopes her daughter won't experience the inter-generational trauma Miranda suffered, born of the residential school experiences of her family members.

Atleo can't do it alone. He needs a federal government receptive to his advocacy, and a Canadian population willing to improve the lives of our Aboriginal Peoples.

I hope the new leader, our politicians, and all Canadians are ready to assist the next generation of Aboriginal children and youth in creating opportunities.

For the sake of my granddaughter — and all the others.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax. Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



## Galaxy fan has lifetime ban lifted

The Los Angeles Galaxy fan who jumped onto the field during an exchange between David Beckham and the home crowd had his lifetime ban from the stadium rescinded yesterday. The unidentified fan jumped onto the field July 19 for a match against AC Milan after Beckham made what appeared to be an inciting gesture. **METRO NEWS SERVICES**

7

# Sports



## NFL reinstates Vick

Quarterback Michael Vick has been reinstated to the NFL on a conditional basis and a decision on his return to action will come by the sixth week of the regular season, Commissioner Roger Goodell said yesterday. Vick, who completed a 23-month criminal sentence for bankrolling a dogfighting ring, was free to sign with an NFL team, participate in practice and play in the final two preseason games. **REUTERS**

EDITOR: CHRIS.CLEMENTS@METRONWS.CA

## Dunbrack take win in stride

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

### It's hard to blame Halifax Dunbrack Bremner's for a rather dull celebration after a well-played win last night.

Sure, they blanked two-time defending Nova Scotia Soccer League Premiership champion Halifax City 1-0 at Mainland Common, improving to 11-0 and stretching a three-year regular-season unbeaten streak to a startling 31 games.

But after the heartbreak of back-to-back losses in the provincial final, Dunbrack isn't getting wound up over anything that happens in the regular season, especially with a bye to next month's championship already in the bag.

"I'll be excited when we win the final," said Dunbrack's Hamzeh Afani. "That's the biggest thing for us."

Added Mike Marsh: "It's a big deal, it's nice to win and keep the unbeaten record, but we won't be celebrating too much after this. We're trying to stay level-headed this year."

Regardless, Dunbrack is doing a fine job killing time until the big game. With a crowd of 375 looking on last night, they controlled the play against City and got the winner in the 42nd minute from Marsh. The reigning Golden Boot winner took a feed from one-time Toronto FC midfielder Derek Gaudet and booted one home from just outside the six-yard box.

Dunbrack had a handful of other golden chances to extend the lead but could-



Halifax Dunbrack Bremner's forward Luke Corey battles for the ball with Halifax City defender Rory Kennedy during the first half of last night's Premiership game at the Mainland Common. Dunbrack won the game 1-0 on the strength of Mike Marsh's first-half goal.

n't convert. The fact that the game stayed close is enough to keep Dunbrack wary moving forward.

"We make one mistake and it's in our net," Marsh said. "That's how it always happens with them."

Marsh said Dunbrack is

"definitely a better team at this point in the season" than it was last summer, noting that Gaudet's presence through provincials will be a big factor.

"We just have to keep working on our defence," he said.

Shockingly, City is at risk of missing the playoffs. After last night's loss, the club slipped to 5-3-3, third in the league and just two points ahead of fourth-place Scotia. The second- and third-place teams gain entry to the lone semifinal.

## Australia's Green wins Canadian Open

**GOLF** Australian Nathan Green ended a gloomy week in brilliant style by beating South African Retief Goosen on the second hole of a sudden-death playoff to win the 100th Canadian Open yesterday.

After four days of torrential rain, thunderstorms and lightning forced the \$5.1-million tournament to a Monday finish, the skies finally cleared over Glen Abbey where Green fended off a late challenge from twice-U.S. Open

champion Goosen to claim his maiden PGA Tour win. Goosen rolled in a 15-foot eagle putt on the last hole of regulation play to join Green at 18-under and put pressure firmly back on the 34-year-old Australian, who still had two to play.

Green, who twice birdied and eagled the 18th in earlier rounds, could not hold his nerve and settled for par to send the tournament to a playoff.

Having seen his first



Nathan Green kisses the winner's trophy after winning the Canadian Open yesterday.

chance at a Tour victory disappear with a playoff loss to Tiger Woods at the

2006 Buick Invitational, the Australian would not be denied at Glen Abbey, and tapped in for par at the 17th to secure the title on the second playoff hole.

Green finished with a bogey-free four-under 68. Stephen Ames was the best of the Canadians, finishing in a tie for eighth six shots back, while former U.S. Masters champion Mike Weir bogeyed two of his final three holes to finish eight shots off the pace. **REUTERS**

## Huskies have big hopes for rookie running back

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

The Saint Mary's Huskies are expecting running back Tristan Jones to make an immediate impact.

The Huskies, who officially announced their 2009 recruiting class yesterday, were quick to single out Jones as the name to watch from a list of more than 20 players.

"He came in January and has been with us (training) since and he's a phenomenal talent," said Huskies head coach Steve Sumarah. "I can see him being — easily — a thousand-yard rusher, for sure. He'll be in our top three right away."

Jones, the younger brother of current Huskies running back Devon and the son of former Edmonton Eskimos star Milson, won the Wally Buono Award as the country's most outstanding junior player in 2007. He also holds Canadian Junior Football League records for single-season rushing yards (1,903), rushing touchdowns (25) and points (156).

He had been recruited by

the powerhouse Laval Rouge et Or last season and reported to their training camp. But Sumarah said he wasn't content there and voluntarily left.

Jones eventually landed at Saint Mary's after visiting Halifax in October to watch his brother play.

"He's pretty excited about the whole thing," Sumarah said.

Devon, whose CJFL numbers weren't as gaudy as Tristan's, averaged 101 yards a game as a rookie.

Linebacker Aaron Crawford from Medicine Hat, Alta., is another key recruit, offering "great speed and ball pursuit" with the potential to "be in the mix right away."

Offensive linemen Guillaume Gagnier of Montreal and Dartmouth natives Kyle Whalen and Matt Albright are among the others who Sumarah is high on. Kicker/receiver Brett Lauther of the Cobequid Cougars is also capable of contributing, the coach said.

The Huskies, who made it to the national semifinal last year, open training camp on Aug. 29 at Huskies Stadium.



Steve Sumarah

## Massa out of coma, communicating: Dr.

**FORMULA ONE** Injured Formula One driver Felipe Massa has been brought out of an artificial coma, was taken off a respirator and has been able to communicate with his doctors and family representatives, his doctors said yesterday. "His condition has im-

proved significantly over the past 24 hours and he remains stable," the chief surgeon of Hungary's defence forces told a news conference.

Brazilian Massa fractured his skull in an accident during Saturday qualifying. **REUTERS**

## Sports in brief

**HOCKEY** Halifax's Justin Bowers, a one-time Mooseheads forward, has earned an NHL try-out with the Phoenix Coyotes.

The 24-year-old former St. Thomas Tommies standout had 45 points in 44 games with the ECHL's Dayton Bombers last season and chipped in with another nine points in 27 games in stints with two American Hockey League teams. "It'll be my chance to show them what I've got," Bowers said.

**BASEBALL** The Halifax Pelham Canadians have added Ian Mosher as an assistant coach

for the Canadian senior baseball championship. The veteran player-coach with the Kentville Wildcats won a national title in 1985.

**BURRESS** Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported yesterday. Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to spend a year in jail, but prosecutors insisted on two.

**METRO NEWS SERVICES**



## Your Neighbourhood:

## Sackville

## From the area

Famous natives of the Sackville area include award-winning comedian Nikki Payne, left, and hockey players Brad Marchand, James Sheppard and Eric Boulton.

METRO NEWS SERVICES



# All about community spirit

Sackville ready for bigger and better, councillor says

Brad Johns smiles mischievously as he begins talking about growing up in Sackville. He leans back in his chair, relaxes and begins recounting tales of working at Wheelies, spending his lunch hours at the track getting into trouble and then going to the drive-in to top off a perfect summer day. It's an idyllic boyhood tale of growing up in this community, and you can quickly tell just how much John's loves his hometown.

"I'm proud to say I'm from Sackville," says Johns, who is one of the two local councillors representing the Sackville area. In fact, he's the third generation of his family to call the community home. He points to a house up the street on Sackville Drive that used to belong to his grandparents, where his mother grew up. In fact, his mother attended Acadia School where Johns'

has his councillor's office and where we're now sitting.

Johns and his family have had a front row seat to watch the evolution of what is now a large suburban area, and one that's about to get even bigger.

Sackville is a bedroom community, first settled by military as an outpost of Halifax, set to guard the road to the Annapolis Basin. It quickly grew into a farming village, then much later, became a growing suburb of the city. But, as a suburban bedroom community, Sackville has maintained a strong community spirit.

Johns remembers clearly when you only had to mention Sackville and you'd think of the Sackville Downs or the Drive In Theatre. "They were such strong parts of our identity," he explains.

As the area grew, these landmarks have been lost. But a strong connection



Councillor Brad Johns foresees massive housing growth in the Sackville area.

within the community remains. Many, once resistant to moving to Sackville, now would never leave. "It's a great place to raise a family, we have great schools, so many activities for kids and it's just a wonderful place to live," says Johns.

One reason Johns points

to is the healthy group of volunteers. They have more community groups, recreation centres, museums and volunteer organizations than Johns can point to. He doesn't bring up one, like the Second Lake Recreation Centre, before he says he has to mention the Sackville

Rives Association, but then there's the Fultz House museum group and the people who want to now restore the area behind the Acadia School and Acadia Hall. The list keeps going, and going.

Right now, there appears to be lots of land left vacant in the large geograph-

**"It's a great place to raise a family, we have great schools, so many activities for kids and it's just a wonderful place to live."**

Councillor  
Brad Johns

ic area. Johns says not to let this forested area fool you. "A lot of developers already have approvals on their development projects for these areas. In the next little while, you're going to see a lot of them take off."

This is one of the reasons Johns hopes they'll be able to spearhead new activities that will once again be hooks for identifying the area, not just for its community members, but for outside the area as well.

Besides their yearly Wier Rockin' Festival, Johns is hoping to develop a new Drive In a Wier Field, and then attract other old landmarks back.

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# Many sides to Sackville Legion

Institution has 'something for everyone'

**Comrades Carol MacDonald and Rita Connors just look at one another, their minds working overtime to try and put into words what the Sackville Legion means to this community. It isn't because they're searching for things to say, they just have too much to talk about and it's hard to know where to start.**

"The legion really does have something for everyone," says MacDonald, the newly appointed treasurer and outgoing PR officer for the association.

The Sackville Legion, Calais Branch 162, is heavily involved in the surrounding community. From its school programs, awards and bursaries, student exchanges, wedding and reception facilities, work with the cadets, sponsoring sports events, donations for local causes, the lounge area which provides many members with a valuable connection to their community, offering facilities to volunteers with Meals on Wheels, as a host for the local dart league, weekly bridge games and cribbage tournaments — and the list goes on and on.

Sackville traditionally

**"(The legion) gives me a purpose. It keeps me active, physically and mentally."**

Carol MacDonald

has a strong military presence. In fact, it was one of the first places in the HRM where members of the military took advantage of the co-op housing offered back in the mid to late '60s, and whose influence still remains in the community.

"It's a big part of the legion here," explains Connors, the incoming president of Calais Branch 162.

The branch had humble beginnings at the Acadia Hall, still on Sackville Drive. It received the Royal Canadian Legion Charter there on April 21, 1979.

Through the efforts of 51 charter members, a structure was built on the current site at 45 Sackville Cross Rd., where they moved on May 17, 1980, and they expanded again in 1986.

The current membership boasts 1,373 Comrades, consisting of ap-

proximately 533 Ordinary (veterans and/or serving and retired armed forces personnel), 715 Associate (relatives) and 80 Affiliate (those with no military family history) as well as 45 life members, people whose contribution to the local legion have been extraordinary.

Connors also points to the cenotaph in Sackville, a special place for the local branch and the only one with inscribed rocks from every country where fallen Canadian comrades are buried.

"It gives me a purpose," said MacDonald, when asked what she enjoys about being involved with the legion. "It keeps me active, physically and mentally."

Connors breaks in: "It's the challenge and the community too. You meet so many people."

With the number of veterans dwindling, now the legion is looking for new ways to keep that military connection and tradition of community involvement alive. The legion is always looking for new members and new volunteers.

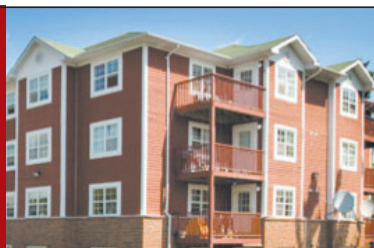
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Sackville Legion treasurer Carol MacDonald, left, and incoming president Rita Connors say that the branch is heavily involved in the surrounding community through its programs and facilities.

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# Buzz about local biz

## Association promoting Sackville Drive businesses

We talk to Michelle Champniss, executive director of the Sackville Drive Business Association. She puts into her own words what the new Live, Shop, Love program means to the Sackville area and talks about how it has evolved.

**Q** How did the Sackville Drive Business Association develop?

**A** The Sackville Drive Business Association was incorporated on March 31, 2003, and came from a need for a unified voice for the business and commercial property owners of Sackville Drive.

**Q** How did the Live, Shop, Love program evolve?

**A** The Sackville Drive Business Association was looking for ways to promote existing businesses in the Sackville Drive business district, conduct activities related to business promotion and potentially attract new businesses to the district.

**Q** What does the asterisk mean, where did the campaign and its meaning come from?

**A** The Association hired Bristol Communications to complete a marketing plan for the Sackville Drive business district in October 2008. The asterisk



Supporting local businesses fosters a strong business community, which means employment for local residents, says Michelle Champniss, executive director of the Sackville Drive Business Association.

means there is more to shopping in Sackville than just spending money, when you buy local you're not only shopping, you're supporting. By choosing local retailers you're choosing to see part of your money go back into Sackville.

**Q** What does it mean to the community as a whole?

**A** The intentions of this campaign are to encourage residents of Sackville to think about options close to home — to consider purchasing goods and services from a business in

Sackville.

We have over 300 businesses in the Sackville Drive business district. Almost any product or service I need can be purchased from one of these businesses.

Supporting local businesses fosters a strong business community, which means employment for local residents, sponsorship for local sport teams, community events and projects.

**Q** As a marketing strategy, how well is the shop local going over when big box stores are so readily available?

**A** A recent survey showed that 90 per cent of Sackville residents are already shopping on Sackville Drive more than once a week. Local residents are already very supportive of their "main street."

Our goal is to increase awareness of how this positively impacts the community in the hopes that residents will think twice before spending money outside of Sackville.

**Q** How do you make a "largely bedroom" community buy into local businesses?

**A** A lot of times it's just a matter of making them aware of the options. If residents can get good service and quality products close to home, while supporting their community, it doesn't take a lot of convincing.

**Q** How do you keep Sackville Drive current and relevant to the local community?

**A** We are fortunate in the Sackville Drive area to have a lot of fantastic new developments along with the influx of unique businesses such as The Royal Diaper, and the soon to be opened Access Nova Scotia office.

We also have many well established businesses such as Sportwheels, Kaisers Subs and Payzants Home Hardware, to name a few, who have made a art out of knowing the needs and wants of the residents of Sackville.

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# People's Payzant

Hardware store stays rooted in community

**Matthew Payzant never really thought he'd be working in his grandfather's hardware store when he started his degree in commerce. But after a few years working in another company, Payzant came home to his family — not just his grandfather, but the staff and the customers who have relied on the store since it opened on Sackville Drive in 1964.**

"The staff here is just like a big extended family," says Payzant. "So many of the people who work here were hired by my grandfather and trained by him."

His uncle Andrew is now the CEO of Payzant stores — there are three of them scattered around the Maritimes. Matthew's father and other uncles are still involved. His grandfather still works nearly every day, from Monday through Saturday, at the store. And on a daily basis, Matthew says he hears about how his family has had an impact on the community.

"So many people come

## Going there

• Check out the store at 250 Sackville Drive or call 864-0000 for more information.

into the store and say, 'If it wasn't for your grandfather I wouldn't have been able to build my first house,'" says Payzant.

The store was an independent hardware store for two years before aligning themselves with Home Hardware. Payzant says it's this relationship with a larger organization that helps them keep their competitive advantage in the area. The store is independently owned, but with the buying power of a much larger organization.

Payzant says this is important to his clients. It means that customers can custom order stock, search through uniquely stocked items, request new products and maintain that personal connection with the owners. For the Payzant

managers, they're able to change their product lines and bring in new products much quicker than larger companies, who have to seek approvals from their head office, and may not be able to accommodate their customers ever changing requests with such speed.

"If you come in asking for a product, we can find it here or somewhere else and get it in for you," he says.

Of course, having an affiliation with Home Hardware also means they can take advantage of the price matching program, which helps them compete with some of the larger box stores now populating the surrounding area.

But it's not just about the bottom line, Matthew explains. It's important to them to improve for the sake of providing the best experience for their customers. This is evident in the store's support of local sports teams and fundraisers. "It's a great place to do work," says Matthew.

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In Dr. Glenn Guilderson's 9 years of practice he has helped thousands of patients ranging in age from infancy up to 92, including his own family and dedicated staff! He has lived in the Sackville area since 1981 and his newly renovated office, Back to Health, was a finalist in the 2009 Sackville Drive "Looking Good Award".



*Glenn Guilderson*

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There's twice the chance that teens and young adults will become smokers if they watched a high number of movies in early adolescence with characters smoking, according to a study in Pediatrics. **BEST HEALTH MAGAZINE**

# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Withdrawal symptoms

You want to talk about it. He would rather stick a hot poker in his eye. You keep prodding. He leaves the room. According to a new study in the June 2009 edition of the journal *Personal Relationships*, this kind of "demand-withdraw" communication is depressing, literally.

In relationships where a

### The J Spot

Josey Vogels

metronews.ca/thejspot

pattern develops when one spouse wants to continue discussing a marital dis-

agreement even after the other spouse has tried to end the discussion by say, changing the topic or leaving the room (usually with the other spouse not far behind, still yakking), the study found increased levels of depressive symptoms (increased sadness, fatigue, poor sleeping and eating behaviours).

Interestingly, however, contrary to the stereotype

(one I've in fact perpetuated with the above example), it's not always the woman pursuing and the man distancing.

According to the study's findings, when it comes to "demand-withdraw" communication within their relationship, husbands and wives both reported that they and their spouse took on the "demander role" and "withdrawer role" equally.

In other words, both men and women can be equally lousy communicators.

Given the impact this kind of communication clearly has upon one's mental health, it's in any couple's interest to invest some time in improving their communication style.

One of the best exercises I've ever encountered to help couples improve their communication is something called "mirroring." It's a bit like that telephone game you played at birthday parties as a kid. One partner says something to the other, and the other repeats it back and then asks if he or she didn't, the first partner clarifies what they said, and you repeat the exercise until the first partner is satisfied that the second partner has clearly understood.

In this way, instead of pushing each other's buttons, you're both listening and feeling heard — in other words, communicating.

• Online dating ... for your pet! Read more in Josey's Sexcetera blog: metronews.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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## Bloom to skip future Pirates movies

Orlando Bloom is bowing out of any future Pirates of the Caribbean sequels to spend more time with his girlfriend, Victoria's Secret model Miranda Kerr. "Orlando loved the films but thinks it's time to bow out," a source tells News of the World. **METRO NEWS SERVICES**

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# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

## The best of Incubus

### Monuments And Melodies a collection of hits and rarities

KEITH CARMAN  
for Metro Canada

**Controversy sells. With many bands lacking musical integrity these days, that's the principle thrust behind pushing albums off of store shelves. The more spotlight you can bring to a musician's personal life or public misdemeanours, the more cash it generates for label pockets.**

Occasionally though, some bands still sell music based on merit. Such is the case with Calabasas, Calif.-based alternative rockers Incubus. Spreading their metal/modestly hip-hop-influenced attack for almost 20 years, the band comprised of vocalist/gui-

tarist Brandon Boyd, guitarist Mike Einziger, drummer Jose Pasillas II, bassist Ben Kenney and turntables/sampler Chris Kilmore are hot for their sounds, not their sensationalism.

Case in point: Latest effort, the double-disc package *Monuments And Melodies* (Epic) entered the world at No. 5 on the Billboard 200 chart. And when was the last time you heard about a fracas in the Incubus camp?

Well, you haven't. Initially calling a temporary hiatus on the band in 2008 to explore personal ventures, less than a year later, the outfit is already back with a greatest hits affair. After 20 years, most bands are itching to get away from

each other. For Incubus though, they were going nuts without one another.

"A year for us is almost too much," Boyd admits of the downtime. "We missed each other. We're individuals but we've been so close over 18 years, to take a year away feels like four. This is why we're here on Earth — to make music. We can take breaks, but we can't stay away for long."

Getting the wheels rolling, the band jumped into forging *Monuments And Melodies*, a means of respecting obligations to their label/artist relationship, but also to shake off the stagnancy of their creative juices while gearing up to work on a seventh full-length due in 2010.

Aspiring to escape typical greatest hits trappings — simply pilfering from previously released material — Incubus worked diligently to create something different, resulting in two discs, one featuring the band's 13 most popular tunes and a second, more introspective effort compiling rarities, B-sides, soundtrack cuts, alternate song versions, three previously unreleased songs and a cover Prince's *Let's Go Crazy*.

"We knew what was going on the record," notes Boyd. "The hard part was deciding if it was the right time to do it and if so, how were we going to do it? Our audience is web-savvy and have created their own playlists a long time ago.



### Supersize celebs

A Los Angeles McDonald's received a supersize celeb visit on Sunday, usmagazine.com reports. Brad Pitt and Angelina Jolie pulled through the drive-thru to order food for their kids.

METRO NEWS SERVICES



*Monuments And Melodies*, a two-disc compilation album by alt-rock act Incubus, was released last month.

It's beyond redundant to put out a greatest hits record that it's almost comical for a band to turn in a sequenced album of songs that everyone al-

ready has in this day and age. That's just repackaging the bread and selling it again. We wanted it to be worth peoples' time to get out there and steal it."

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/28/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	The Superstars (Season Finale) (N)		Better Off Ted	Bachelorette
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Monk (N)	America's Got Talent (N)		Cupid
	11	11	11	CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)	CBC News: The National		The Hour
	2	2	2	CBC-F	Urgences (SC)		Des saquelettes	Tout	Beautés désemparées (SC)	Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Knockout" (HDTV)	Big Brother 11 (N)		Medium
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Qui perd gagne (SC)	Fort Boyard (SC)	Nos étés (SC)			TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	NCIS "Recoil"	NCIS "Knockout" (HDTV)		Big Brother 11 (N)		News Final (N)
	9	9	9	CJCH	Corner Gas	Hollywood	Law & Order: SVU	CSI: NY		Criminal Minds (HDTV)		News
	10	10	10	ELTV	(6) EastLink Television				Podium TV	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Hell's Kitchen (N)	More to Love (N)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	America's Got Talent	America's Got Talent (N)		Law/Ord SVU
	29	29	29	NW	World News	Business	CBC News	Mansbridge	The Hour	CBC News: The National		The Third Sex
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Business	Greater Boston	La Plaza-Maria	Nova (HDTV) (DVS)	Nova scienceNOW (N)		War of World
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business	Business Rpt.	WorldFocus	Nova (HDTV) (DVS)	Nova scienceNOW (N)		Weapon-WW II
	68	68	68	TQS	Rire et délire	Chemin du golf	Catherine (SC)	Crisss Angel	Lipstick Jungle (SC)	Génération séduction		Piège Zéze
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Taking Stock	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Top 10	Golf
	52	52	52	RSE	Sportsnet Connected		MLB Baseball New York Yankees at Tampa Bay Rays (HDTV) (Live)		Poker Equalizer.			MLB Baseball
	55	55	55	SCOR	HSR		Cabby Unlimit	Score Update			World Poker Crown	Soccer
news	45	45	45	SPD	Unique Whips	Off the Record	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!
	53	53	53	TSN	Off the Whops	SportsCentre	World Extreme Cagefighting	2008 World Series of Poker	2008 World Series of Poker	2008 World Series of Poker		Jacked!
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy T	Total Drama	6TEEN	6TEEN	Futurama	American Dad
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	iCarly		Drake & Josh	Prank Patrol	Malcolm-Mid.	Futura	Family Biz	Prank Patrol
	16	16	16	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)	The Cleaner
	70	70	70	APTN	APTN National News (N)		Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe
	50	50	50	BET	106 & Park: BET's Top 10 Live				The Cookout ** (2004, Comedy)	Ja Rule, Tim Meadows.		Tiny & Toya
	37	37	37	BRVO	Wind at My Back		Quasar Quartet 6		Live at the Rehearsal Hall		Saturday Night Divas	Mercury
sports	25	25	25	CMT	Cross Canada Countdown				Home Improve.	Home Improve.	Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Killer Forensics	Police Videos
	38	38	38	DISC	Jetstream		Daily Planet		How It's Made	How It's Made	Against the Elements (N)	Deadliest
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve
	46	46	46	HIST	To Build a Nation		NCIS "Sharif Returns"		Lost Worlds		To Build a Nation	NCIS
	17	17	17	MM	Greek		One Tree Hill		Degrassi: TNG	Instant Star	Greek	Video on Trial
	19	19	19	MMM	mmtp10.ca		The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.	Entourage
	201	201	201	M1	(6:30) Reservation Road (2007, Drama)			(8:25) 45 R.P.M. (2008, Drama)			Mamma Mia! (2008, Musical Comedy)	
	23	23	23	OLN	Mantracker		Ghost Hunters		Dog the Bounty Hunter		Survivorman	Ghost Hunters
family	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	House-Payne	House-Payne	Deep Impact ** (1998, Drama)	
	206	206	206	PIX	Queen of the Damned *		(6:15) 54 ** (1998, Drama)	Ryan Phillippe.			Planes, Trains and Automobiles (1987)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Trailer Park		The Outer Limits		Painkiller Jane		Every Second Counts (2008, Drama)	
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Rich Ride, Poor Bride		Rich Ride, Poor Bride	Rich Poor
	47	47	47	SPACE	Stargate SG-1 (DVS)		Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood	Ghost Hunters
	14	14	14	SPIKE	CSI: NY "Personal Foul"		CSI: Crime Scene Investgnt.		CSI: Crime Scene Investgnt.		CSI: Crime Scene Investgnt.	
	97	98	98	STAR	Living the Life	Hollywood	The Ellen DeGeneres Show		TMZ (N)	Hollywood	Ways to Die	Ways to Die
	21	21	21	TLC	What Not to Wear		Restorer Guy	Real Estate	Moving Up (HDTV) (N)		18 Kids-Count	18 Kids-Count
	56	34	34	TROP	North of 60		Power Play "The Mask"		Tube Tales	Tube Tales	Seinfeld	Raymond
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	Dieux et démons		Faut pas réver			Expression
	28	28	28	V	Doc		Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap	5 Seekers
	60	97	97	VIVA	Da Vinci's Inquest		Judging Amy		Missing		The Closer "Dumb Luck"	Encounters
	22	22	22	V	Style by Jory	Style by Jory	Style by Jory	Friends	House	Style by Jory	Style by Jory	Style by Jory
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball	Houston Astros at Chicago Cubs (HDTV) (Live)		Come Dance
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball	Houston Astros at Chicago Cubs (HDTV) (Live)		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball	Houston Astros at Chicago Cubs (HDTV) (Live)		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball	Houston Astros at Chicago Cubs (HDTV) (Live)		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball	Houston Astros at Chicago Cubs (HDTV) (Live)		
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball	Houston Astros at Chicago Cubs (HDTV) (Live)		

### critics' corner

#### More to Love

Luke Conley, 26, a college football player-turned-subcontractor and real estate investor, is a husky guy seeking romance with a full-figured woman comfortable in her own skin. Will he find her in this new dating competition show from Mike Fleiss ("The Bachelor")? Maybe, maybe not, but with 20 voluptuous ladies vying for his attention, he's bound to have fun trying. 10 PM on FOX



#### Dog the Bounty Hunter

In this episode, Duane "Dog" Chapman has his heart squeezed by his latest target: Mona Lisa. No, he's not trying to pilfer that painting of the mysteriously smiling lady. Dog's Mona Lisa is a young woman whose fast and loose lifestyle has gotten her into some hot water. Since his own daughter Barbara recently died in a high-speed car accident, Dog is determined not to let Mona ruin her life. 6 PM on OLN

#### Live at the Rehearsal Hall

She's done two Christmas albums, befitting a woman named Holly, but Halifax-born chanteuse Holly Cole has dabbled in almost every musical genre, from standards and show tunes to Tom Waits and Elvis Costello covers. Here, she performs such old favorites as "Too Damn Hot" and "On the Sunny Side of the Street" as well as her own "Larger Than Life." 9 PM on BRAVO

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Robert Pattinson would never consider showing off his musical talents at an open mike night, because he's too shy. The British actor is a keen guitar and piano player and even writes his own songs, two of which appeared on the Twilight soundtrack. **METRO NEWS SERVICES**

**Rob doesn't seek musical spotlight**

## Celebrity Buzz

### The Jackson-Hilton connection

**CELEBRITY CONNECTIONS** Paris Hilton insists that she was the inspiration for the name of Michael Jackson's daughter.

"My mom and Michael went to high school together and they were best friends since they were 13," Hilton told Extra. "So I grew up knowing

Michael very well and when he had his daughter, he always loved the name Paris and grew up being an uncle to me. So he asked my mom if it was OK and, of course, she said yes. "I think Paris is such a beautiful little girl and I'm proud we have the same name."

**METRO WORLD NEWS**



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### MJ friend, not father: Omer

**CLARIFICATION** Omer Bhatti is not Michael Jackson's secret son, femalefirst.co.uk reports.

The 25-year-old Norwegian dancer — who lived with the late pop star at his Neverland ranch for eight years — has reportedly denied all rumours he was Jackson's biological child and says the pair were just "best friends."

According to Britain's Sunday

Mirror newspaper, he told a pal: "Michael is not my father. He and I were very, very close. He was my best friend."

The performer was seated in the front row of the memorial concert held at the Los Angeles Staples Center on July 7, fuelling speculation he is related to the pop icon.

Jackson is believed

to have told friends in 2004 he was Bhatti's biological father after having a one-night stand with his mother, Pia, in 1984. But the dancer reportedly claims this is untrue.

He added to a friend: "Michael always used to say I was like a son to him. But my true parents are here in Norway. The reason why I was asked to sit with his family at the memorial service is because I was Michael's closest friend, not because I am his son." **METRO NEWS SERVICES**



### What about your family, Michael?

**GOOD POINT** As Michael Lohan emerges as a new advisor to Jon Gosselin, sources tell People magazine that the Lohans wish he'd focus on his own family and pay the six months of child support they say he still owes — a debt Michael disputes.

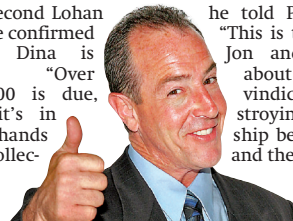
"It's embarrassing, he's embarrassing," said a Lohan insider. "He's trying to get deals for Jon. Maybe

Jon can tell Michael to pay (ex-wife) Dina child support. He's now six months behind."

A second Lohan source confirmed what Dina is owed: "Over \$12,000 is due, and it's in the hands of collections now."

Michael Lohan, however, denies the debt. "That's a total lie. I pay Dina and the kids cash all the time," he told People, adding, "This is typical of what Jon and I discussed about spouses being vindictive and destroying a relationship between a father and their children."

**METRO NEWS SERVICES**



### Ex Blake blabs about Amy's OD

**TELL-ALL** Now that he's split from Amy Winehouse, Blake Fielder-Civil is dishing on the wilder times in their marriage, including a night when Winehouse almost died of an overdose after a three-day drug binge.

"Her eyes suddenly went blank. She started having a fit on the bed. She slid down on to the floor before I could stop her," he told the Sun. "I thought she was dying in my arms." Fielder-Civil says even he pressured her to sober up: "She had everything going for her. But she ended up behaving badly just to shock. After a while that just becomes a bore. I wanted her to stop."

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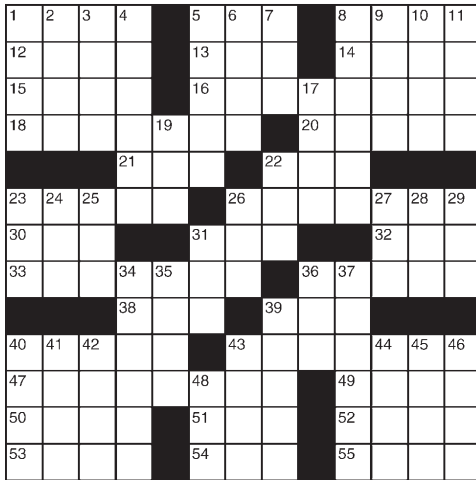


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- 14 Radius neighbour
- 15 Plankton component
- 16 Puns and such
- 18 Hefner magazine
- 20 Takes a break
- 21 A billion years
- 22 Scratch
- 23 Chic again
- 26 \*NSYNC or Menudo
- 30 Raw rock
- 31 Chip accessory
- 32 Modern prefix
- 33 Exquisitely neat
- 36 Trust
- 38 Hearty brew
- 39 Unruly bunch
- 40 Extremist
- 43 Grandstand

- 47 Driver's protector
- 49 Hodgepodge
- 50 Wan
- 51 "Goshi!"
- 52 Discourteous
- 53 Raced
- 54 Hooter
- 55 Evidenced a wound

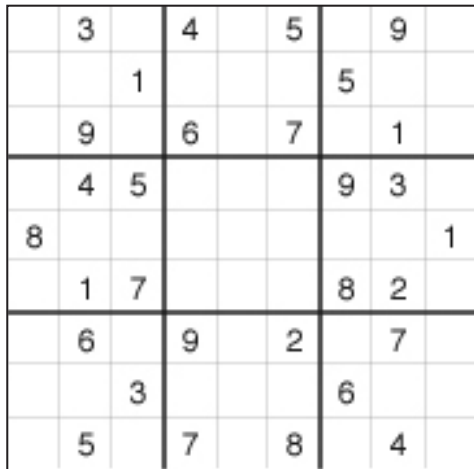
DOWN

- 1 Snare
- 2 Telephone inventor
- 3 Long story
- 4 Orison
- 5 Yet to be achieved
- 6 Helen's home
- 7 Listener
- 8 Excellent
- 9 Troubles
- 10 Summertime pest
- 11 Robert of "Airplane!"
- 17 Wagon
- 19 Ghost's call
- 22 Swab the decks
- 23 Filch from
- 24 Historic time
- 25 Sawbuck
- 26 Jazz cornetist
- Beiderbecke
- 27 Blackbird
- 28 Butterfly catcher
- 29 Homer's interjection
- 31 Buck's mate
- 34 Moved quickly
- 35 Spill the beans
- 36 Henhouse threat
- 37 Soak up
- 39 Roadside stopover
- 40 Letter delivery grp.
- 41 Bound
- 42 Yarn
- 43 Huffed and puffed
- 44 Hebrew month
- 45 Staffer
- 46 Pigeon —
- 48 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

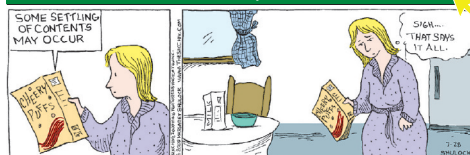


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

Find more games to play + more cartoons by the Six Chix at [metronews.ca](http://metronews.ca)



Metro Recipe of the Day



Beef and Beet Coleslaw Sandwich

INGREDIENTS:

- 1/3 cup (75 ml) light mayonnaise
- 1 tbsp (15 ml) wholegrain mustard
- 4 large whole wheat rolls
- 1 1/2 oz (50 g) watercress or arugula leaves
- 10 oz (300 g) lean rare roast beef, thinly sliced
- 7 oz (200 g) red cabbage, finely shredded
- 1 small red onion, thinly sliced
- 5 oz (150 g) cooked beets, peeled and coarsely grated
- 1/3 cup (75 ml) low-fat natural yogourt

METHOD:

1. In large bowl, mix mayonnaise and mustard. Split rolls in half and spread

- bottom half of each with this mayo and mustard mixture.
2. Top bases with watercress or arugula and divide slices of roast beef among them.
3. In same bowl as used for mayonnaise, make coleslaw by mixing red cabbage, red onion and beets. Add yogurt and stir to coat. Pile coleslaw on top of beef, season with freshly ground black pepper, then put tops of rolls back on. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)

**ARIES**  
MARCH 21-APRIL 20  
Others will want to do things for you today, and who are you to refuse a helping hand?

**TAURUS**  
APRIL 21-MAY 21  
If there is something you want today, something that only a particular person can give you, then come right out and say so.

**LIBRA**  
SEPT 23-OCT 23  
No matter how busy your schedule may be, you must make time for your friends and your family.

**SCORPIO**  
OCT 24-NOV 22  
A remark you toss into a conversation might not be meant seriously but someone will take it that way, so watch what you say.

**GEMINI**  
MAY 22-JUNE 21  
You will find it amazingly easy to express yourself, and as a result relationships generally, and affairs of the heart in particular, will go very well indeed.

**SAGITTARIUS**  
NOV 23-DEC 21  
Something will happen today that makes you wonder if there are things going on behind the scenes that you should know about.

**CANCER**  
JUNE 22-JULY 22  
Something you hear when you really should not have been listening will start a train of thought that leads you in some interesting directions.

**CAPRICORN**  
DEC 22-JAN 20  
Money matters and business issues are under favorable stars and there is reason for optimism as far as your wealth situation is concerned.

**LEO**  
JULY 23-AUG 23  
You seem to know what others are going to say before they actually put their thoughts into words, which is kind of creepy but useful too.

**AQUARIUS**  
JAN 21-FEB 18  
It might be best to make your excuses and leave if you find yourself being dragged into a dispute that really has nothing to do with you.

**VIRGO**  
AUG 24-SEPT 22  
You seem to have withdrawn into your shell a bit of late, which is understandable as the Sun is transiting the most sensitive area of your chart.

**PISCES**  
FEB 19-MARCH 20  
Find ways to get everyday chores out of the way quickly today. The best way, of course, is to get others to do the boring stuff for you.

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**WORDY GURDY**

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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1. Salute a reading system for the blind (1)
2. Yours truly will smooth fingernails (1)
3. Actress Fonda's linked necklaces (1)
4. Tightly curled stair-walking toy (2)
5. Separates from actor Keanu (1)
6. Excessive pride for a sea cow (3)
7. Forty-winks catcher's candy coverings (2)

ANSWERS: 1. BRAILLE 2. CAT PANTS 3. CHAINS 4. KINKY 5. SLINKY 6. WALRUS 7. CANDY WRAPS

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Please add \$50 for Sat. & Sun. departures

## DEALS of the WEEK

**Las Vegas** via Toronto  
Bally's  
Las Vegas • 3 1/2 ★  
Classic rm.  
Sept. 21, 27, 28 & 29 • 3 nts.  
2 for 1 show tickets, discounts & much more

**\$499**

Taxes & fees: \$192

**Punta Cana** via Toronto  
Occidental Grand  
Punta Cana • 4 ★  
All-Inclusive • Junior suite  
Sept. 5-27 • 1 wk.  
Upgrade to Royal Club luxury rm.  
for \$229 per person

**\$729**

Taxes & fees: \$327

**Samana** via Toronto  
Gran Bahia Principe  
El Portillo • 4 1/2 ★  
All-Inclusive • Standard rm.  
Sept. 6-27 • 1 wk.

**\$799**

Taxes & fees: \$327

**Cayo Coco / Cayo Guillermo**  
via Toronto

TRYP Cayo Coco • 4 ★  
All-Inclusive • Standard rm.  
Aug. 15 & 22 • 1 wk.

**\$939**

Taxes & fees: \$229

**Holguin** via Toronto  
Playa Costa Verde • 4 ★  
All-Inclusive • Standard rm.  
Aug. 8-22 • 1 wk.

**\$939**

Taxes & fees: \$229

### Cancun / Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★  
All-Inclusive • Deluxe rm.  
Feb. 14, 21, 28 & Mar. 7 • 1 wk.

**\$1179**

Taxes & fees: \$263

**St. Lucia**  
Coconut Bay Beach  
Resort & Spa • 4 ★  
All-Inclusive  
Deluxe garden view rm.  
Sept. 6, 13 & 27 • 1 wk.

**\$1429**

Taxes & fees: \$230

**Barbados** via Toronto  
Almond Casuarina  
Beach Resort • 4 ★  
All-Inclusive • Standard rm.  
Sept. 8-30 • 1 wk.

**\$1969**

Taxes & fees: \$190

Based on Tues. - Thurs. departures.

## DEAL to EUROPE

**London**  
Barkston Gardens • 3 1/2 ★  
Breakfast  
Standard rm.  
Sept. 6, 19 & 21 • 1 wk.

**\$899**

Taxes & fees: \$395

## DEAL on CRUISES

Royal Caribbean International<sup>1</sup>  
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